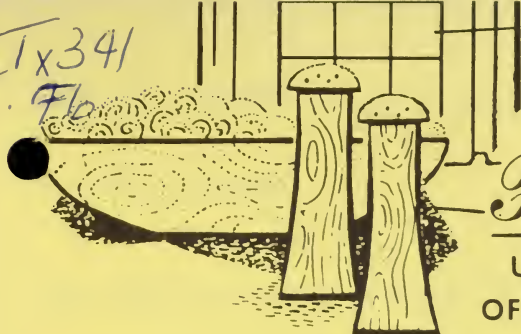


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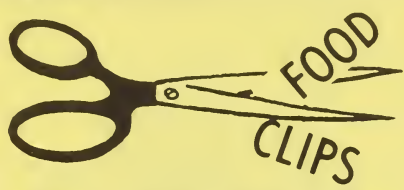
Food and Home Notes

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Remember--cracked or soiled eggs may contain harmful bacteria. They should only be used in foods that are to be thoroughly cooked, such as baked goods or casseroles, according to U.S. Department of Agriculture nutritionists.

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Handle dry ice "with care!" Be sure the room is well ventilated when you use it. Never touch dry ice with bare hands.

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Using home canned vegetables and home canned meats? Be sure to boil them after opening and--before you taste them. Heating usually makes any odor of spoilage more noticeable.

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Home canned meat or poultry should be boiled 20 minutes in a covered pan before tasting. If meat develops the characteristic odor of spoiled meat--destroy it without tasting.

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Stuffing fresh...or thawed meat, poultry or fish? Put the stuffing in lightly--without packing--to allow heat to penetrate more quickly.

THE MARKET BASKET

Market basket statistics measure changes in the price of marketing services. The "market basket" contains the average quantities of 65 domestic farm-oriented food purchased annually per household in 1960-61 for preparation at home. This sample and the quantity weights are held constant over a period of time to measure changes in prices. The resulting retail cost estimates will be less than what a typical urban family spends each year because:

- 1) Cost of food purchased in restaurants and other eating establishments is not included.
- 2) Food expenditures of workers living alone are included.
- 3) Only foods originating on U.S. farms are included.

PREPARING SUNFLOWER SEEDS AT HOME

Raw mature seeds may easily be prepared at home by covering unshelled seeds with salted water (2 qts. of water to $1/4$ to $1/2$ cups salt). Bring to a boil and simmer 2 hours. Drain and dry on absorbant paper. (Or you may want to soak in salt solution overnight.)

Put sunflower seeds in a shallow pan in a 300 degree oven for 30 to 40 minutes or until golden brown...stir occasionally...take out of oven and add 1 teaspoon of melted butter or margarine to one cup of seeds. Stir to coat. Put on an absorbent towel. Salt to taste. Deep fat fry hulled seeds at 360 degrees. For every cup of seeds allow $1/4$ cup cooking oil. Cook until golden brown. Skim off and drain seeds on absorbent paper. After salting, store tightly covered.



Actually, sunflower seeds may be used in any recipe that calls for nuts including toppings for cake, frostings or ice cream topping or even fondue dips.

The ounce (about 150 calories) of hulled sunflower seeds, often used as a nutrition snack food is packed with vitamins -- even vitamin K, in trace amounts. The sunflower seeds are high in calcium, contains 11 other minerals -- 50 percent fat, mostly polyunsaturated fatty acid, linoleic.

Outside of the popular "eating out of hand" style -- you may also use sunflower kernels in your batter for coating oven-fried chicken (for a crunchy, nutty taste). Other ways include adding them to hamburger recipes or casserole dishes.

THE GRAND SUNFLOWER

---AND ITS SEEDS

The stately sunflower now used and grown in many parts of the world was used in North America first by the Indians -- centuries ago. The Indians used the seeds for oil and food and the stems for fibers for weaving rugs and petals for dye according to Rose Ann Millette, nutrition journalist at North Dakota State University. It's one of the fastest growing crops in North Dakota -- currently the leading sunflower producing state.

Other countries in the world, however, such as the Soviet Union, Argentina, Bulgaria, Romania, Turkey and South Africa produce considerably more sunflowers than we do.

The non-oil variety sunflower seeds can be eaten as a food in a variety of ways, dehulled and eaten without processing, dehulled, roasted in oil and salted; or salted in the shell.

Sunflower oil is a pale yellow. When refined it is colorless with a good flavor and is good for cooking or using as salad oil. It's popular for popping corn, deep-frying foods and other uses when a liquid oil with a high smoke point is needed. It's high in poly-unsaturated fatty acids.

Even the meal that remains after the oil is extracted is a high protein supplement for poultry and livestock -- and is used in bird feeders. The hulls, themselves, are also used. They have been used for making a fuel log and for poultry litter so far, but many other possibilities exist.

Then there is sunflower seed flour which is fluffy and light gray in color. It can be mixed with other flours up to one-fourth of the total amount -- anymore, however, affects the flavor.

IS YOUR FIREPLACE SAFE?

---BE YOUR OWN CHIMNEY SWEEP

If you've paid no attention to your chimney for years, you're courting trouble. Soot buildup can lead to an inferno -- hot chimney fire that could burn your house down. But -- you can be your own chimney sweep, according to University of Kentucky Extension housing specialists..."it's easy to do."

Cleaning chimneys is also a very messy job, unfortunately.

First things first -- be sure your fire is out. Leave the flue open and block off the fireplace from inside while you work to keep soot and trash from getting all over your room.

Take a gunny sack -- or heavy grocery size paper bag -- with rags or straw, add a rock (for extra weight) and tie the bag to a long rope. Climb up on your roof -- but wear shoes that will allow you to grip the roofing material. Lower the sack down into the chimney and pull it back and forth a few times. That's it.

Check the inside of the chimney with a powerful flashlight beam to see if bricks or rocks are still strongly mortared. Examine the chimney from inside the house (just look up!). If you do have loose pieces of mortar -- be sure to fill in the cracks with fresh mortar.

When you're using the fireplace again be sure to keep the flue closed when the fire is completely out. Otherwise the chimney can act as a siphon and drain warm air out of your house. (Jay Hensley, U. of Kentucky)

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
